

April  
2010

# HCSF Newsletter



Its official - Spring has sprung! Earth Day is April 22<sup>nd</sup>, a day to remind us to take care of our home. Take advantage of the warmer weather and longer days by doing activities outside such as picking up the litter revealed after the snow melts, riding bikes, and of course, Easter egg hunts!

## Plastic Jug Watering Can

### What you'll need:

- ½ gallon plastic milk or juice jug with handle and lid
- Small finishing nail or screw
- Hammer
- Stickers



### How to make the watering can:

1. Thoroughly wash out a plastic milk or juice jug.
2. Have your child go through a supply of stickers to choose what they would like to use to decorate their water jug. **We've enclosed a few to get you started!**
3. **A grown up** should use the tip of a finishing nail or screw and a hammer to gently poke holes in the lid of the jug. (See photo).
4. Have your child decorate the jug with their choice of stickers.
5. Fill jug with water and put lid back on.
6. Show child how to hold the jug with the handle and tip it to rain on the veggies and flowers you're planting!



### Tips:

- If the decorations wear off, don't fret--just redecorate the jug with new accessories.
- Add some plant food (according to box directions) to the water jug if children are old enough to understand not to drink it. This is fun because it will turn the water blue!
- Keep water jug on a low shelf near the garden so your helper can reach it easily.

For this and other craft projects, check out: <http://www.kaboose.com/>

## Quick and Easy Lentil, Rice and Barley Slow Cooker Soup

### Ingredients

- 1 cup lentils (the orange ones that get soft are best)
- 8 cups water
- 1 small onion, chopped (or 2 Tbsp dehydrated if in a hurry)
- ¾ cup diced carrots
- ½ cup diced celery
- ¼ cup barley
- ¼ cup brown rice (not quick cooking)
- 12-16 oz diced low fat ham (or whatever is left over from dinner!)
- 1 bay leaf (optional)
- 1 tsp salt-free herb mix
- Black pepper to taste

Great way to  
use up leftover  
Easter ham!



**Directions:** Put everything in the slow cooker. Turn to Low and let it cook all day. There is no salt in this recipe because the ham provides salt. Add a small amount of salt (~1/2 to 1 tsp) if you leave out the ham.

# COOK WITH YOUR KIDS



Spring holiday meals like Easter and Mother's Day can always use a great vegetable side dish. Have the kids help put this quick and easy recipe together and watch it disappear from the dinner table!

## Holiday Peas



### Ingredients:

- 2 packages (16oz each) frozen peas
- 1 teaspoon salt
- 1 cup finely crushed wheat crackers - Try wheat saltines! You can find them right next to the regular saltines in your local grocery store.
- 2 tablespoons grated parmesan cheese
- 2 tablespoons butter, melted

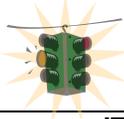
### Directions:

1. Place peas in a large saucepan, add salt. Cover with water and bring to a boil. Reduce heat, cover, and simmer for 5-6 minutes or until tender.
2. Have your kids put the wheat crackers in a sealed plastic bag and crush them using their hands. Then, toss the crumbs, parmesan cheese and melted butter together in a small bowl.
3. Drain peas and place in serving bowl; top with crumb mixture.

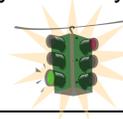
**Nutrition Facts:** 3/4 cup equals 87 calories, 3 g fat (1 g saturated fat), 6 mg cholesterol, 523 mg sodium, 12 g carbohydrate, 4 g fiber, 4 g protein.

**Eat Out & Be Healthy!** No one expects that your family will eat each and every meal at home. We all live in the **real world** – there are days where cooking just isn't an option. There are also special occasions to be celebrated, and sometimes everyone just needs a treat! But eating out doesn't have to mean going "all out". You can still enjoy eating out AND make healthy choices. Check out the chart below for tips on how to enjoy a healthy restaurant meal!

**STOP and be Cautious!**



**GO!**



ITALIAN and PIZZA	
Thick-crust or butter-crust pizza with extra cheese and meat toppings, Stuffed crust pizza, Garlic or cheesy bread, Pasta with cream or butter-based sauce, Entrées with side of pasta	Thin-crust pizza with half the cheese and extra veggies, Plain rolls or breadsticks, Pasta with tomato sauce and veggies, Entrée with side of veggies, Grilled dishes
BURGER JOINTS	
Double Cheeseburgers, Fried fish or chicken, Salads with toppings such as bacon, cheese, and ranch dressing, Adding cheese, Extra mayo, and "special sauces"	Regular, single-patty hamburger without mayo or cheese, Grilled chicken sandwich, Garden salad with grilled chicken and low-fat dressing, Baked potato or a side salad, Grilled chicken strips, Limiting cheese, mayo, and special sauces
MEXICAN	
Crispy shell chicken taco, Refried beans, Steak Chalupa, Crunch wraps or gordita-type burritos, Nachos with refried beans, Adding sour cream or extra cheese	Grilled chicken soft taco, Black beans, Shrimp ensalada, Grilled "fresco" style steak burrito, Veggie and bean burrito, Limiting sour cream or cheese
SUBS, SANDWICH AND DELI CHOICES	
Foot-long sub, High-fat meat such as ham, tuna salad, bacon, meatballs, or steak, The "normal" amount of higher-fat (Cheddar, American) cheese, Adding mayo and special sauces, Choosing white bread or "wraps" which are often higher in fat than normal bread	Six-inch sub, Lean meat (roast beef, chicken breast, lean ham) or veggies, One or two slices of lower-fat cheese (Swiss or mozzarella), Adding low-fat dressing or mustard instead of mayo, Adding extra veggie toppings, Choosing whole-grain bread or taking the top slice off your sub and eating it open-faced
ASIAN FOOD	
Fried rice or noodles, egg rolls, fried won tons, fried chicken, beef or fish	Stir fried chicken with lots of veggies, stir fried vegetables, steamed rice, soup



**Snack Attack – Dip It! Edition:** Dip graham crackers or mini-toaster waffles in cinnamon applesauce for an easy afternoon snack!